



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09400, Apple juice, canned or bottled, unsweetened, with added ascorbic acid

Report Date: May 22, 2017 00:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	88.24	--	0.091	87.92	88.6	6.0	88.018	88.463	3	Analytical or derived from analytical	--	05/2008
Energy	kcal	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Energy	kJ	191	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Protein <a href="#">1</a>	g	0.10	--	0.008	0.09	0.12	2.0	0.066	0.137	1	Analytical or derived from analytical	--	05/2008
Total lipid (fat) <a href="#">1</a>	g	0.13	--	0.013	0.11	0.17	3.0	0.09	0.175	1	Analytical or derived from analytical	--	05/2008
Ash <a href="#">1</a>	g	0.23	--	0.027	0.2	0.31	3.0	0.142	0.313	1	Analytical or derived from analytical	--	05/2008
Carbohydrate, by difference	g	11.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	0.2	--	0.106	0	0.3	2.0	-0.245	0.667	2	Analytical or derived from analytical	--	05/2008
Sugars, total <a href="#">1</a>	g	9.62	--	0.128	9.35	9.86	3.0	9.218	10.031	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	1.26	--	0.023	1.2	1.31	3.0	1.188	1.333	1	Analytical or derived from analytical	--	05/2008
Glucose (dextrose) <a href="#">1</a>	g	2.63	--	0.035	2.57	2.72	3.0	2.518	2.741	1	Analytical or derived from analytical	--	05/2008
Fructose <a href="#">1</a>	g	5.73	--	0.089	5.51	5.93	3.0	5.453	6.017	1	Analytical or derived from analytical	--	05/2008
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Maltose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Galactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	8	57	0.464	4	26	8.0	6.688	8.818	17	Analytical or derived from analytical	--	05/2008
Iron, Fe <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.12	56	0.006	0	0.26	18.0	0.103	0.129	17	Analytical or derived from analytical	--	05/2008
Magnesium, Mg <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	5	58	0.074	4	7	22.0	4.638	4.946	17	Analytical or derived from analytical	--	05/2008
Phosphorus, P <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	7	59	0.162	5	10	16.0	6.771	7.457	17	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	101	58	1.077	73	116	18.0	98.54	103.06	17	Analytical or derived from analytical	--	05/2008
Sodium, Na <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	4	58	0.205	1	8	25.0	3.197	4.041	17	Analytical or derived from analytical	--	05/2008
Zinc, Zn <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.02	59	0.002	0	0.09	16.0	0.018	0.027	17	Analytical or derived from analytical	--	05/2008
Copper, Cu <a href="#">1</a> <a href="#">5</a> <a href="#">7</a> <a href="#">13</a> <a href="#">15</a> <a href="#">16</a>	mg	0.012	--	0.000	0.01	0.02	7.0	0.012	0.013	6	Analytical or derived from analytical	--	05/2008
Manganese, Mn <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.074	59	0.006	0.02	0.26	19.0	0.062	0.087	17	Analytical or derived from analytical	--	05/2008
Selenium, Se	µg	0.1	--	0.045	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Fluoride, F <a href="#">1</a>	µg	39.1	112	2.494	27.7	57.7	75.0	34.162	44.097	1	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	38.5	--	4.911	28.9	45.1	2.0	17.369	59.631	1	Analytical or derived from analytical	--	06/2008
Thiamin	mg	0.021	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.017	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Niacin <a href="#">1</a>	mg	0.073	--	0.003	0.07	0.08	3.0	0.063	0.084	1	Analytical or derived from analytical	--	05/2008
Pantothenic acid <a href="#">1</a>	mg	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin B-6 <a href="#">1</a>	mg	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Folate, total	μg	0	--	0.046	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid <a href="#">1</a>	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Folate, food	μg	0	--	0.046	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Folate, DFE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Choline, total <a href="#">1</a>	mg	1.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Betaine <a href="#">1</a>	mg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2005
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09016	04/2005
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09016	03/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09016	04/2005
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09016	03/2006
Lutein + zeaxanthin	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	09016	04/2005
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">19</a> <a href="#">20</a>	µg	0.0	--	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	05/2008
<b>Lipids</b>													
Fatty acids, total saturated	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
16:0	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Fatty acids, total monounsaturated	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
18:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
Fatty acids, total polyunsaturated	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
18:2 undifferentiated	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09016	05/2008
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

### Amino Acids

### Other

Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2005
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2005

### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

<sup>8</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

<sup>9</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000

<sup>10</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001

<sup>11</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002

<sup>12</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

<sup>13</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>14</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>15</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

<sup>16</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990

<sup>17</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>18</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

<sup>19</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

<sup>20</sup>G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597